



Snohomish County

John Lovick
County Executive

News release – Oct. 14, 2015

Contact: Rebecca Hover

Office: 425-388-3883

Email: rebecca.hover@snoco.org

Forum covers how to age well in mind and body

Combat society's negative images of aging with a free workshop on finding joy and wellness in life.

Register now for **Loving Your Life: Finding Joy and Wellness in Aging**. The workshop will be held from **9 a.m. to 12 p.m. Thursday, Oct. 22** at Cougar Auditorium at the WSU Snohomish County Extension Office at 600 128th St. SE, Everett – near McCollum Park. This program offers concrete suggestions and evidence-based techniques for enhancing our bodies and minds as we age.

Kamilia Dunskey, a mental health therapist, will explain how managing our moods and connecting with the community plays an important role in how much joy we experience. William J. Kelleher, Ph.D., from The Everett Clinic will show how humor and music can lighten our burdens and enlighten our self-image. In addition, Danae Willson, certified Viniyoga instructor, will share techniques to keep you mobile and moving forward with a happy body.

For more information about this free event or to register, please call or email Stefanie Novacek at 425-388-7019 or s.novacek@snoco.org.

This event is sponsored by the Snohomish County Council on Aging and Snohomish County Long Term Care and Aging.

###